PFLAG a Hit

It was no surprise that last Sunday’s speakers from PFLAG were well received, but from the rapt attention to their words and standing ovations, the love was definitely felt. Led by Co-Presidents Barbara Bodine and Patti Boman, a total of 6 different speakers - straight and gay - shared from their hearts about their journeys of acceptance, why they march in the Pride Parade, and how PFLAG has touched and changed their lives. At both services, Pastor Dan led a prayer for the group and their great, supportive work. It was a wonderful kick-off to LGBT Pride Week. For more on PFLAG San Diego, go to www.pflag.com.

Change Coming to Communication

We are always seeking ways to continually grow and improve communications. There’s our improved website at TheMetChurch.org, a Facebook site maintained by Rev. Houston, and very soon a new format for e-mails, including the weekly one for what has been known as the MetroLink. The new format will link you more readily with our website, where we will be updating information not weekly, but most every day! Going hand-in-hand with that is a reorganization of the website to make it more user friendly. It’s all part of an effort to stay better connected with you and further our excellence in ministry. So, stay tuned for change. It’s a good thing!

It’s LGBT Pride Weekend!

Pride Rally TONIGHT
Thursday, July 15, 6:30 PM at The Met Church
Don’t forget that we’re gathering tonight (6:30 PM) at the church to learn how we can support The Met Church’s participation in the Pride Parade. Everyone is welcome! It’s not too late if you would like to be part of the group. Find out everything you need to know and join us. We’ll have fun, fellowship and sinfully delicious pizza and salad.

It’s Not Too Late...

♦ To Participate in the Parade...
Meet up with us in Zone 3, which is on Normal St. near University Ave. (in front of the DMV). Please arrive no later than 10:00 AM. You can park at the Old Naval Hospital (Park Blvd. & Presidents Way) and take the free shuttle to the parade. Shuttle runs from 7:15 AM to 11:00 AM.

♦ To Join in the Fun at the Booth...
Meet up with us at our booth space #143. You can also park at the Old Naval Hospital (Park Blvd. & Presidents Way) and take the free shuttle to the festival. Shuttle runs from 8:00 AM to 11:00 PM on Saturday and from 8:00 AM to 9:00 PM on Sunday.

♦ To Help with the Float...
Friday July 16 – Float Building Party from 10 AM to 6 PM at the parking lot of The Center at 3909 Centre Street. Help assemble all the parts of the float on the flatbed and decorate parts of the truck.
Saturday July 17 – Float Building Party at 8 AM in the parking lot of The Center. Help inflate and tie balloons onto the float. The Pride Parade kicks off at 11 AM.

For photos of our Pride preparation, see page 3.
A Massachusetts federal judge has ruled parts of DOMA (Defense of Marriage Act) unconstitutional as interfering with a state’s right to define marriage. The Justice Dept. is reviewing the decision to determine any appeal to a higher court.

NBC’s “Today” has reversed its “Wedding Contest” position to permit gay couples to apply.

The Pentagon has sent a survey to 400,000 service members regarding a potential repeal of Don’t Ask Don’t Tell. Some in the LGBT community have questioned the need and practicality of the survey as well as some of the questions.

A movie called by some “the lesbian Brokeback Mountain” is opening to good reviews. “The Kids Are All Right” stars Annette Bening and Julianne Moore as a lesbian couple brought into relationship with the sperm donor father of their kids. This weekend it’s at the Hillcrest Cinema.

Argentina has become the first South American country to legalize same-sex marriage.

Feeding My Sheep
Feed My Sheep Food Pantry Ministry would like to extend a special thanks to Ron Sperry and his Easy Pick Ups Bowling League for their outstanding generosity in their contribution to Feed My Sheep. We would also like to thank all other congregants who have shown the love of Jesus in giving to all of God’s sons and daughters. Because of your kindness many people in the church and community at large have had food in their tummies. Always keep in mind what we do for our sisters and brothers, we do for Jesus. Blessings and thank you to all.

The Feed My Sheep Ministry

Night at the Ballpark
An outing sponsored by our Children’s Ministry! See the first place Padres play the Marlins and hear testimonies from players after the game.

Who: You and Your Friends
What: Faith and Fellowship Night at the Ballpark
When: July 30th @ 7:05 PM
Where: Petco Park
Why: Fun & Fellowship
Cost: $10 per ticket

Tickets are available before and after services on Sunday in the Social Hall. For more info, please contact Luke Schlimme at luke@mccsd.org.

Fill It for the Future
Keep filling your water bottles for the Power of Change and start bringing them in Sunday, July 25 (please wait till then). Fundraising Team members will cheerfully receive them July 25 and August 1. Thank you for being the power of change.

In the News
It’s the Celebration Choir’s annual Best of the Best Concert on Sunday, July 25, at 6 PM in our Sanctuary. Come hear the choir’s top ten favorite numbers of the past year in all their vibrant, inspirational energy, including solos and testimonials. Invite your friends, neighbors, relatives and co-workers. Admission is free; a love offering will be received. The choir requests that you bring non-perishable food items for our Food Pantry!
Float Parts Take Shape

At least a dozen congregants turned out last Saturday in the church parking lot for cutting, painting and assembling parts that will become our Pride float this weekend. The smiling faces indicated that everyone had a great time doing ministry and got in some bonding fellowship as well!

Cleaning Ministry

Jimm Crouch is seeking to grow the Cleaning Ministry and show people that caring for our church home is not only rewarding but fun and doesn’t require a lot of time. Needed are people for the primary cleaning on Fridays (flexible), to help clean and straighten briefly after the 11 AM Sunday service, and freshen up during the week (to fit your schedule). Please contact Jimm at 619-263-2099 or jimmc62@cox.net or Administrator Lee Bowman at 619-521-2222 x11 or Lee@mccsd.org.

Yes, last Sunday at church also meant...

...more great uplifting, music!

Intercom in Place

We look forward to the day when we have a Receptionist every day to warmly greet and direct visitors at our church during business hours. Until then, we have installed an intercom to the left of the main front second floor door. Just press the button; someone will respond and then come and welcome you.

By the way, if you feel a calling to assist at the church as a Receptionist - even for just a few hours a week - or help in the office and be part of our Administrative Ministry Team, please contact Lee Bowman at 619-521-2222 x11.

Forgiveness does not erase the past, but it sketches a brighter future.

I was going to waste, but Jesus recycled me.
**MINISTRY GROUPS**

<table>
<thead>
<tr>
<th>Group</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building Team</td>
<td>Property Maintenance - Mike Denison: <a href="mailto:Building@mccsd.org">Building@mccsd.org</a></td>
</tr>
<tr>
<td>Cleaning Ministry</td>
<td>Jimm Crouch, 619-263-2099 <a href="mailto:jimmc62@cox.net">jimmc62@cox.net</a></td>
</tr>
<tr>
<td>Hospitality Team</td>
<td>Lyn Malone: 619-521-2222 x23</td>
</tr>
<tr>
<td>Administrative Ministry Team</td>
<td>Lee Bowman: 619-521-2222 x11</td>
</tr>
<tr>
<td>Usher Ministry Team</td>
<td>Lyn Malone: 619-521-2222 x23</td>
</tr>
<tr>
<td>Care Team</td>
<td>Lyn Malone: 619-521-2222 x23</td>
</tr>
<tr>
<td>Celebration Choir</td>
<td>Church office: 619-521-2222</td>
</tr>
<tr>
<td>Altar Team</td>
<td>Rob and Tony Ashton 619-749-9682</td>
</tr>
<tr>
<td>Communion Servers</td>
<td>Alisan Rowland: 619-521-2222 x21</td>
</tr>
<tr>
<td>Readers Ministry</td>
<td>Read Scripture at worship Alisan Rowland: 619-521-2222 x21</td>
</tr>
<tr>
<td>Limited Editions</td>
<td>Lyn Malone: 619-521-2222 x23</td>
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**BIBLE STUDIES**

<table>
<thead>
<tr>
<th>Study</th>
<th>Details</th>
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<tbody>
<tr>
<td>Adult Sunday School</td>
<td>New Class You Will Like! A New Hearing Aid &amp; Fresh Set of Glasses: Exploring The Emerging Church</td>
</tr>
<tr>
<td></td>
<td>This 4-week study Sundays 10:30 AM First-floor Conference Room 619-521-2222</td>
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</table>

**OUTREACH**

<table>
<thead>
<tr>
<th>Team</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Justice Team</td>
<td>Jude Litzenberger: 619-521-2222</td>
</tr>
<tr>
<td>Feed My Sheep Food Pantry</td>
<td>Paulette Jansen <a href="mailto:feedmysheep99@aol.com">feedmysheep99@aol.com</a></td>
</tr>
<tr>
<td>Fundraising Team</td>
<td>Organizes major events Church office: 619-521-2222</td>
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</table>

**FELLOWSHIP**

<table>
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<tr>
<th>Group</th>
<th>Details</th>
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<tbody>
<tr>
<td>Couples Group</td>
<td>Meets 3rd Friday of the month Nancy and Linda: 619-448-2038</td>
</tr>
<tr>
<td></td>
<td>Dinner at 6:30 Dining out 1st Wednesdays Contact 619-521-2222</td>
</tr>
<tr>
<td>The New You</td>
<td>Weight Management Ministry Jude Litzenberger, Dan Minchey 619-521-2222</td>
</tr>
</tbody>
</table>

**CHILDREN AND YOUTH**

<table>
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<tr>
<th>Group</th>
<th>Details</th>
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<tbody>
<tr>
<td>Nursery</td>
<td>Ages 0-4; 9 &amp; 11 am services</td>
</tr>
<tr>
<td>Sunday School</td>
<td>Bible lessons &amp; fun for ages 5-8 &amp; 9-13; Sunday 11 am</td>
</tr>
<tr>
<td>Youth Group</td>
<td>For teens, 13-19; Sunday 11 am For all children’s groups contact Kaki Johnson: 619-521-2222 x19</td>
</tr>
</tbody>
</table>
Flower Dedication

The sanctuary floral arrangement by Florabella is...

a special surprise this week.

PRAYER REQUESTS

Thank you for praying for all those in or connected to our congregation with particular needs and concerns: God’s guidance, family, finances, job, cancer, successful surgery, friend in hospice, healing, safe Pride Weekend, more people coming to church, refinance, relationship, diet, poor work environment, bipolarity, home

Let us rejoice for and share in praises for:
PFLAG, God’s love, community, return to work, good biopsy, anniversary, blessings, freedom from pain, congregational support

Please share your own prayer requests and praises via e-mail or on the Keeping in Touch Card and place it in the offering bowl.

Flower Dedications

We have had a great response to our Sunday Flower Dedication List on the bulletin board in the Social Hall. The schedule is filling up for 2010, but we do not have to be limited to only one dedication per week. Just pick a Sunday that you would like to dedicate the altar flowers in honor or memory of a loved one or occasion, and sign up with your name and contact information, and Administrator Lee Bowman will be in touch the week before. Reserve the date you want now!

PO Box 33291, San Diego CA 92163
Church and Offices:
2633 Denver St, San Diego CA 92110
619-521-2222 www.TheMetChurch.org

Church Staff
Lee Bowman, x11  lee@mccsd.org
Minister of Administration & Communications
Rev. Houston Burnside, x16  revhouston@mccsd.org
Staff Pastor
Kaki Johnson, x19  kaki@mccsd.org
Interim Director of Children’s Ministry
Rev. Dan Koeshall, x13  pastordan@mccsd.org
Senior Pastor
Lyn Malone, x23  lyn@mccsd.org
Minister of Congregational Connection
Alisan Rowland, x21  alisan@mccsd.org
Luke Schlimme, x25  luke@mccsd.org
Children’s Ministry Intern

Financial Report for July:
Income for the month: $13,335.66
Expenses for the month: $17,723.59
Capital Fund as of 6/30/10: $133,788.82

Attendance
Last Sunday: 322
Week before: 233